

2001 California Dietary Practices Survey

Table 2: Proportion of California Adults Who Did Not Eat Selected Foods Recommended for Good Health

Question: Yesterday, did you eat any fruits and vegetables?

Yesterday, did you eat any whole grain breads, tortillas, or high fiber cereal?

Yesterday, did you drink/eat any milk, yogurt, or cheese?

	2 or Fewer Fruits or Vegetables	Percent Ate No Whole Grain Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
Total	37	50	21
Sex			
Males	40 **	51	18 *
Females	34	50	23
Males			
18 - 24	40	57 **	17
25 - 34	40	48	16
35 - 50	39	57	17
51 - 64	47	51	22
65+	38	34	20
Females			
18 - 24	48 **	52	12 **
25 - 34	38	55	18
35 - 50	29	49	24
51 - 64	34	51	27
65+	26	40	31
Ethnicity			
White	36 *	49	18 *
Hispanic	32	54	24
Black	48	45	28
Asian/ Pacific Islander	40	58	23
Education			
Less than high school	42 ***	56	27 *
High school graduate	40	53	18
Some college	42	49	22
College graduate	27	47	18
Income			
Less than \$15,000	44 *	47	22
\$15,000 - 24,999	34	53	17
\$25,000 - 34,999	34	47	23
\$35,000 - 49,999	39	52	25
\$50,000+	34	51	16
Physically Active			
Did not meet recommendations	42 ***	54 ***	21
Met recommendations	30	45	20
Overweight Status			
Overweight/Obese	37	54 **	20
Not overweight	36	47	21

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001